

# August Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>lululemon pop up shop</b> Saturday, August 12th 8:00 am - 11:00am Overflow classes added for this special event!</p> <p><b>SUP Fitness &amp; SUP Yoga Pop-Up Classes</b> Sundays at 8:00am at Chesapeake Paddle Sports</p>	<p>1</p> <p>9:45am: Barre 10:30am: Kid's Fitness *S 11:30am: Speed &amp; Agility *S</p> <p>5:30pm: Pedal &amp; Pump 6:30pm: Yoga</p>	<p>2</p> <p>5:00am: 5AM Hustle *S 9:00am: Pedal &amp; Pump 10:00am: TRX-Open 10:30am: Varsity Speed*S 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch &amp; Crunch</p>	<p>3</p> <p>9:45am: Barre 10:30am: Kid's Fitness *S 11:30am: Speed &amp; Agility *S</p> <p>5:30pm: Pedal &amp; Pump 6:30pm: Pedal &amp; Flow</p>	<p>4</p> <p>5:00am: 5 AM Hustle *S 9:00am: TRX Fusion 10:30am: Varsity Speed*S</p>	<p>5</p> <p>8:00am: Kick, Punch &amp; Crunch 9:00am: Barre 9:10am: P.A.C.E.</p>
	<p>6</p> <p>5:00am: 5AM Hustle *S 9:00am: TRX Flex &amp; Flexibility 10:30am: Varsity Speed*S 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.</p>	<p>7</p> <p>9:45am: Barre 10:30am: Kid's Fitness *S 11:30am: Speed &amp; Agility *S</p> <p>5:30pm: Pedal &amp; Pump 6:30pm: Yoga</p>	<p>8</p> <p>5:00am: 5AM Hustle *S 9:00am: Pedal &amp; Pump 10:00am: TRX-Open 10:30am: Varsity Speed*S 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch &amp; Crunch</p>	<p>9</p> <p>9:45am: Barre 10:30am: Kid's Fitness *S 11:30am: Speed &amp; Agility *S</p> <p>5:30pm: TRX Fusion 6:30pm: TRX FLOW</p>	<p>10</p> <p>5:00am: 5 AM Hustle *S 9:00am: TRX Fusion 10:30am: Varsity Speed*S</p>	<p>11</p> <p><b>lululemon pop up shop</b> 8:00am - 11:00am</p> <p>8:00am - TRX Fusion 8:00am: Kick, Punch &amp; Crunch 9:00am: Barre 9:10am: P.A.C.E. 10:00am: Yoga</p>
<p>13</p> <p>8:00am: SUP Fitness Pop-Up Standup Paddle Board FITNESS at Chesapeake Paddle Sports</p>	<p>14</p> <p>5:00am: 5AM Hustle *S 9:00am: TRX Flex &amp; Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.</p>	<p>15</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Yoga</p>	<p>16</p> <p>5:00am: 5AM Hustle *S 9:00am: Pedal &amp; Pump 10:00am: TRX-Open 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch &amp; Crunch</p>	<p>17</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Pedal &amp; Flow</p>	<p>18</p> <p>5:00am: 5 AM Hustle *S 9:00am: TRX Fusion</p>	<p>19</p> <p>8:00am: Kick, Punch &amp; Crunch 9:00am: Barre 9:10am: P.A.C.E.</p>
<p>20</p> <p>8:00am: SUP Yoga Pop-Up Standup Paddle Board YOGA at Chesapeake Paddle Sports</p>	<p>21</p> <p>5:00am: 5AM Hustle *S 9:00am: TRX Flex &amp; Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.</p>	<p>22</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Yoga</p>	<p>23</p> <p>5:00am: 5AM Hustle *S 9:00am: Pedal &amp; Pump 10:00am: TRX-Open 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch &amp; Crunch</p>	<p>24</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Pedal &amp; Flow</p>	<p>25</p> <p>5:00am: 5 AM Hustle *S 9:00am: TRX Fusion</p>	<p>26</p> <p>8:00am: Kick, Punch &amp; Crunch 9:00am: Barre 9:10am: P.A.C.E.</p>
	<p>27</p> <p>5:00am: 5AM Hustle *S 9:00am: TRX Flex &amp; Flexibility 5:10pm: Barre 6:05pm: TRX-Group *S 6:15pm: P.A.C.E.</p>	<p>28</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Yoga</p>	<p>29</p> <p>5:00am: 5AM Hustle *S 9:00am: Pedal &amp; Pump 10:00am: TRX-Open 6:05pm: TRX-Group *S 6:15pm: P.A.C.E. 6:45pm: Barre 7:15pm: Kick, Punch &amp; Crunch</p>	<p>30</p> <p>9:45am: Barre 5:30pm: Pedal &amp; Pump 6:30pm: Pedal &amp; Flow</p>	<p>31</p>	

**\*\* Remember to reserve your spot for group classes by Pre-Registering! Call 301-327-5246 or use our MINDBODY app! \*\***

\*S -- Denotes a class series. Registration and extra fees apply.



# Group Fitness Class Descriptions

(Included in Power & Endurance Packages)

\*\*All classes are 50-minutes unless otherwise noted.

**Barre:** This total body workout uses aspects of ballet, Pilates, yoga, and functional fitness. Isometric movement and muscle endurance create that “dancer’s body” – the long, lean, sculpted body that exudes strength, flexibility and balance. (45 minute class)

**Kick, Punch & Crunch:** Do you want to burn calories, sculpt your body and kick butt all at the same time? Then Kick, Punch & Crunch is for you. You will incorporate heavy bag work while kicking and punching and no core muscle gets left behind!

**P.A.C.E.:** Power, Agility & Speed, Core, & Endurance. This interval-based, full body group-training program is designed to build strength, increase fitness levels, burn calories and promote fat loss. Participate in exercises using a combination of body weight movements, super bands, TRX units, kettle bells, pylometrics, and more. ALL fitness levels can participate in this program -- You can go at your own “PACE!”

**Pedal & Pump:** This class combines the best of both worlds: cycling and strength training! Taught in an interval format, you will pedal on the spin bike and then dismount to pump some weights for upper and lower body. It’s a great total body cardio and strength workout!

**Pedal & Flow:** Pairing cycling’s intense, calorie busting cardio with the mind-body practice of yoga to build stamina, strength and flexibility. A perfect combination of yin and yang, 30 minutes of pedal and 30 minutes of flow.

**TRX Flex & Flexibility:** This class combines classic TRX for bodyweight strength training; and TRX for Yoga where we will focus on mobility training, stability where the movements are slow and controlled and the mind-muscle connection is enhanced.

**TRX Flow:** The TRX Suspension Trainer becomes a dynamic tool for Pilates and Yoga in this class which flows from one discipline to the next. You will love the training benefits of this class: improved posture, increased mobility, strength and muscle endurance.

**TRX Fusion:** This is a multi-modality class. Each week the TRX suspension trainer will be fused with a second fitness tool—always a Surprise!! Look for pairing with Barre, Battle Ropes, Kettlebells, Medicine Balls, and MORE!

**TRX-Open:** Classic TRX technique. The TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user’s body weight, is used to develop strength, balance, flexibility and core stability simultaneously. All levels welcome!

**Yoga:** Bring your body and mind together for one harmonious experience. Practice poses and flow sequences that incorporate postures and movements to strengthen the body while being coached to gently increase breath control. All levels welcome!

## Class Series

(Extra fees apply).

**5AM Hustle: (Mondays, Wednesdays & Fridays @ 5:00am)** Get your intense 30-minute workout done early! 5AM HUSTLE helps you achieve your fitness goals while balancing your busy life! A combination of cardio circuits and functional fitness tools like TRX, battleropes, BOSU, medicine balls, RIP Trainer. (Instructor: Megan Twining: megantwiningtraining@gmail.com; Tracy Daily: tracymedic@gmail.com / Cost \$130)

**TRX-Group: (Mondays and Wednesdays @ 6:05pm)** This 30-minute class focuses on progressive building of TRX work. All aspects of strength, balance, flexibility, and core stability are incorporated. (Instructor: Beth Norfolk: beth4yourhealth@gmail.com / Cost: \$120)

## Pop-Up Classes

(Extra fees apply).

**SUP Fitness: (Sunday, August 13th @8:00am)** This 60- minute class will challenge you to use your core like never before. Planks, sit-ups, Cardio on the stand-up paddle board. All equipment provided. Dress to get wet!!! Total body workout out on the water. Location: Chesapeake Paddle Sports 6124 Drum Point Rd Deale, Maryland (Instructor: Andrea Melbourne.: srcfitness@gmail.com /Cost: \$30)

**SUP Yoga: (Sunday, August 20th @8:00am)** Everyone loves outdoor yoga! Not only will you have an incredible view, but an awesome experience as you salute the sun from the paddle boards. All equipment provided. Dress to get wet!!! Location: Chesapeake Paddle Sports 6124 Drum Point Rd Deale, Maryland (Instructor: Chesapeake Paddle Sports’ Andrea Melbourne.: srcfitness@gmail.com / Cost: \$30)

